



Welcome Baby Return to Work

Managing Sibling Needs



- Becoming an older sibling is complicated – they gain a new role, have loss of parents’ attention, and new expectations to be more independent. Acknowledge the loss as well as the gain.
 - “Jobs” that celebrate the older siblings’ new role can help smooth over hard feelings. Give them a small, age-appropriate task. to help out with the baby.
 - Give-and-take interactions build a strong foundation for positive relationships based in trust and caring throughout siblings lives. Practice give-and-take with baby and show older siblings so they can do it too.
 - Communicating with a new baby can be challenging. Babies use gestures, facial expressions, and vocalizations to start, continue, and end interactions. Share what you notice with older siblings so they too can enjoy the baby.
 - Young children act up when they don’t know how to tell you they are frustrated or feel left out. Often, behaviors are mis-guided attempts to connect. Try overlooking the behavior and respond to the need to connect.
- Acknowledge when the older child is kind – make it important in your family by noticing everyone’s kindness.
 - Praise what you want to see more of and overlook misbehavior when possible.
 - Routines guide parents through challenging moments – staying calm is key. Plan a cheerful routine that balances time at home and gets you out of the house.
 - Bring a song or rhyme into the routine to grab children’s attention. This also helps them anticipate what’s next.

